

## **Shopping List (text only)**

### **ITEMS LIST**

#### *Dollar Store items:*

1 pack tortillas (use corn for gluten free) 1 pack red beans  
1 pack lentils  
1 pack rice  
1 package pasta  
1 pack frozen sausage  
1 pack frozen hamburger patties 1 pack frozen onions & peppers 1 pack  
frozen peas and carrots  
1 pack frozen berry blend

#### *Winco items:*

1 container quick oats  
1 container beef bouillon 1 can pasta sauce  
1 dozen eggs  
1 apple  
1 onion  
1 banana  
1 jalapeno  
6 full size carrots  
1 package hot dogs  
1 package buns

Note: Start shopping at the Dollar Store, but check prices at other grocery stores like Winco or Walmart.